

## **LIVE ONSITE/ONLINE CLASSES**

**led by our expert therapists**

### **EXERCISE**

**Every Saturday 09.30-10.30 (Harrow)**

**11.00-12.00 (Edgware)**

### **PILATES**

**Every Saturday 11.00-12.00(Harrow)**

**from the comfort of your home**

**(online classes @a discounted price)**

**Please contact us on 0208 869 0000 or email  
on [info@sherwoodtherapy.co.uk](mailto:info@sherwoodtherapy.co.uk) for further  
information.**